



Volume 39

Issue 1

January 2020

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<https://rowe-ma.gov>

*Dedicated to Encouraging  
Information Exchange  
Between All Town Departments  
and All Citizens*

# THE Rowe Goal Post

Established 1975

Classic

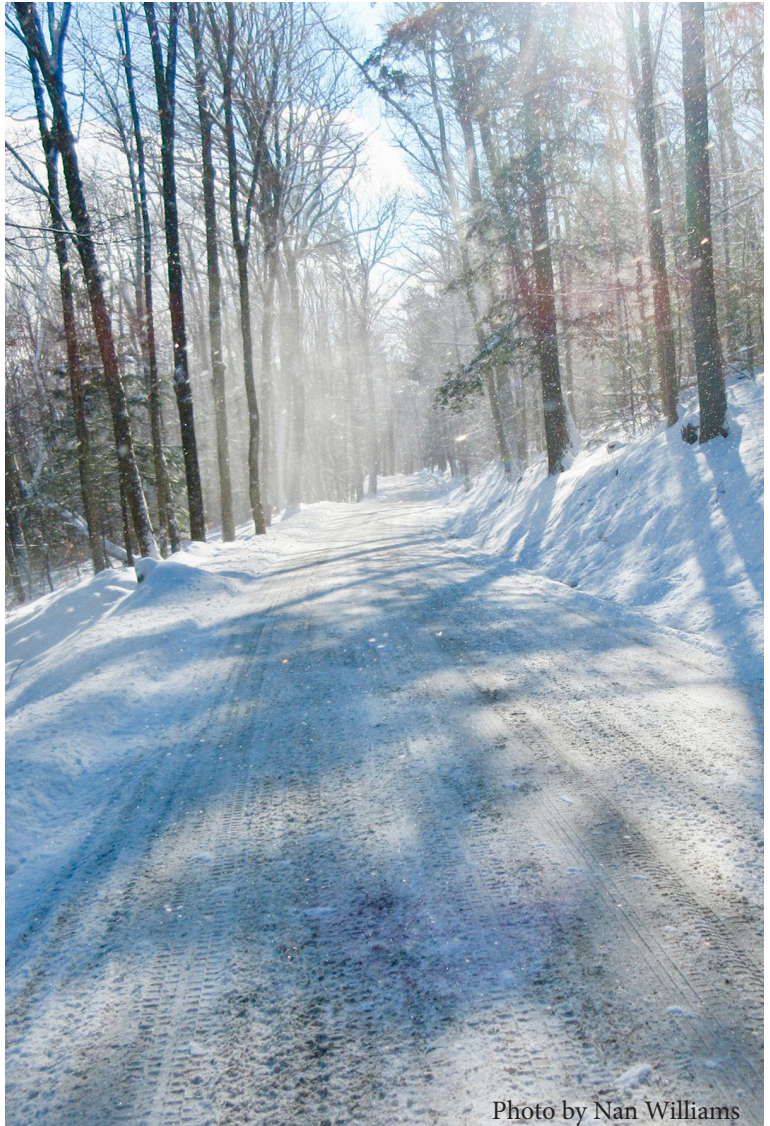


Photo by Nan Williams

What good is the warmth of summer,  
without the cold of winter to give it sweetness.  
- John Steinbeck

## Editor's Message

Submitted by Sue Alix Williams

### Happy New Year to all!

I hope everyone had a wonderful, cozy and safe Holiday. The temperatures were all over the board in December from 50 degrees down to single digits at night with some pretty windy days. If you get a chance to get out at night, take a look up into our wonderful winter sky where the stars are so bright this time of year. I'm so glad I live in an area where the night skies are dark enough to see the milky way and so many stars that it's sometimes hard to pick out constellations! Orion, Cassiopeia & the Big Dipper are always easy constellations to spot. I want to thank all who sent submissions for this goal post....I welcome photos, short articles and anything you think might be of interest. Remember that the 25th of the month is the deadline for submissions.



## Town Clerk

Submitted by Paul McLatchy III

Happy New Year! It's January, which means that dog licenses, the annual census, and nomination papers are available. Hopefully within a few days of receiving this issue of the Goal Post, you should have your annual street listing paperwork, along with a dog license application form. These documents are only being sent together to save on postage and are not related. Even if you do not have a dog, it is extremely important that you fill out your annual street listing forms and return them to me. The street list helps emergency departments, school enrollments (and tuitions), and other important agencies within the town and state. Nomination papers for the annual town elections are now available. Please come see me if you are interested in running. The following pages show the offices that are up for election and a brief description of their responsibilities. The word "oversee" is repeated a lot to emphasize that many of the tasks handled by departments are often performed by hired staff, with the elected body focusing more on setting general policy rather than the day-to-day workings. All stipend amounts are based on the CURRENT fiscal year's approved budget as voted at the Annual Town Meeting in May. Nomination papers must be obtained and submitted no later than Saturday, March 28th.





Office Name: Board of Assessors  
 Seat(s) Open: One (1). 3-Year Term.  
 Annual Stipend: \$1,784.66  
 Meeting Frequency: Three meetings per month; approx. 100 meeting hours per year  
 Additional Hours: Required for research, site visits, association meetings, etc.  
 Requirements: DOR Certification required to perform statutory duties  
 Basic Duties: The Board of Assessors' are municipal finance officers responsible for assessment administration concerning property ownership, mass appraisal, certification standards, Proposition 2½, property tax classification, the tax rate setting process, personal property, abatements, exemptions and motor vehicle excise. They work together as a municipal finance team with the Board of Selectmen and Finance Committee to finalize the town budget (both revenue and expenditures). The Assessors must complete MA DOR Course 101 to perform their statutory duties.

Office Name: Board of Health  
 Seat(s) Open: One (1). 3-Year Term.  
 Annual Stipend: \$1,646.00  
 Meeting Frequency: Biweekly  
 Basic Duties: The Board of Health oversees several town programs, including the Refuse Garden/Transfer Station, the town nurse, and the general health department. Members get involved in areas such as water testing, percolation tests, health inspections, etc.

Office Name: Board of Selectmen  
 Seat(s) Open: One (1) 3-Year Term  
 Annual Stipend: \$1,976.00  
 Meeting Frequency: Biweekly, sometimes more if needed.  
 Basic Duties: The Board of Selectmen serves as the chief executive officers of the town. A complete list of items that could fall under their purview would be lengthy, but an overview includes: general oversight of the town's administrative officials, serving as the chief financial officers of the town, making annual appointments, calling town meetings/elections, crafting an annual budget, hiring/firing of employees, annual appointments of around one hundred officers in town, overseeing emergency services, overseeing the DPW, employing and conferring with town counsel, and overseeing the Goal Post.

Office Name: Cemetery Commission  
 Seat(s) Open: One (1). 3-Year Term.  
 Annual Stipend: None  
 Meeting Frequency: As Needed  
 Basic Duties: The Cemetery Commission is the public body charged with managing the town's three public cemeteries. This includes hiring maintenance staff, setting general cemetery policy, and occasionally assisting in the preparation of a plot for a burial.

Office Name: Finance Committee  
Seat(s) Open: Two (2). 3 Years Each Seat  
Annual Stipend: None  
Meeting Frequency: Usually once per month between July and November, more frequently between December and June  
Basic Duties: The Finance Committee is responsible for helping to prepare the annual town budget (in cooperation with the Board of Selectmen), make recommendations for/against town meeting articles and financial policies, and controls the Reserve Fund.

Office Name: Library Trustees  
Seat(s) Open: One (1). 3-Year Term.  
Annual Stipend: None  
Meeting Frequency: Usually Monthly  
Basic Duties: The Library Trustees manage the town library, set general policy, and are the oversight body for the library staff.

Office Name: Park Commission  
Seat(s) Open: One (1). 3-Year Term.  
Annual Stipend: None  
Meeting Frequency: Usually Monthly  
Basic Duties: Park Commissioners are in charge of setting policy and hiring staff that protects and preserves the town's park lands- over 1,500 acres of it. In addition, the town hall fitness center falls under the jurisdiction of the Park Commission. While it is currently being leased to the Historical Society, the Browning Bench is also the responsibility of the Commission.

Office Name: Planning Board  
Seat(s) Open: Two (2). One 2-Year Term, One 5-Year Term  
Annual Stipend: None. The Planning Board has requested a \$1,000 stipend for FY2021, subject to voter approval.  
Meeting Frequency: Usually once per month, more if there is a special permit application or other important matter.  
Basic Duties: The Planning Board is the special permit granting authority in town. Any major projects or land use proposals that require a special permit must be submitted to the Board. In addition, the Planning Board reviews the town's zoning bylaws and makes recommendations on changes to protect the town while balancing commercial, industrial, and residential needs.

Office Name: Constable  
Seat(s) Open: One (1). 3-Year Term. This is a single-person office (not a board/committee).  
Annual Stipend: \$549.00 (+Election Pay)  
Meeting Frequency: N/A  
Basic Duties: The main function is to sign and post town meeting warrants in appropriate places, serve as an election worker at the polls, and help manage the voting process during secret ballots at town meetings. In practice all law keeping duties have fallen to the Police Department.



Office Name: School Committee  
 Seat(s) Open: One (1). 3-Year Term.  
 Annual Stipend: \$1,521.33  
 Meeting Frequency: Usually Monthly

Basic Duties: The School Committee oversees the largest single department in town. Managing a budget in excess of a million dollars and many employees, the School Committee's purpose is to set policy for the education and wellbeing of our students and staff members. The school's central office staff (superintendent, business manager, etc.) report to the School Committee.

Office Name: Town Clerk  
 Seat(s) Open: One (1). 3-Year Term. This is a single-person office (not a board/committee).  
 Annual Stipend: \$13,835.00  
 Meeting Frequency: N/A (Usually 6-10 hours a week of work)

Basic Duties: The town clerk is the chief elections and records official in town. Some of the many responsibilities include issuance of licenses (dog tags, marriage licenses, etc.), record requests, filing of important town documents, voter registration, annual census, running elections, and taking minutes at town meetings. Though not required, the individual holding the office is often a notary as well.



photo by Ellen Miller

Pileated Woodpecker eating winterberries



## Rowe Town Library News

Submitted by Molly Lane, Library Director

**Library Hours:** Tuesday & Saturday 10-5, Wednesday 10-8

### Start the New Year right with stopping in and finding out all the great ways the library can help you in 2020!

Please join us on Wednesday January 15th from 6-8pm for the opening of a new art exhibit at the library. Diane Cowie, of Tunnel Road in Rowe, will be displaying examples of her work. These include pastels, etchings, engravings, pencil and silver point drawings.

Diane graduated from Vesper George School of Art in Boston, majoring in commercial art. She also attended Framingham State College, majoring in fine arts and elementary education. Although she worked for years in commercial art, she always had a fine art project to work on for enjoyment. She has also shown with The Artist Guild of Shrewsbury. Please join us on the 15th to chat with Diane and view her beautiful work. Refreshments will be provided. Free event for all!

### Programs:

**Kids:** Craft Wednesdays: each school early release Wednesdays @ 2:30pm

Kids cooking class: Beginning early release January 27th. Kids will learn simple recipes in a small group setting. As well as learning basics table etiquette and other fun activities. The class is limited to 8 participants and must preregister.

**Adults:** Book Group-Monday January 27 @ 2:15pm Pick up your copy of  
"The Bookwomen of Troublesome Creek" at the front desk of the library.

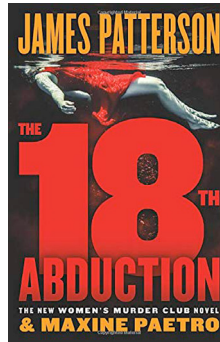
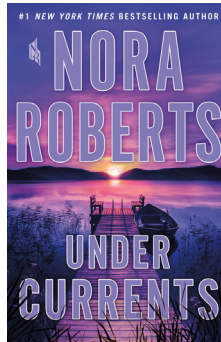
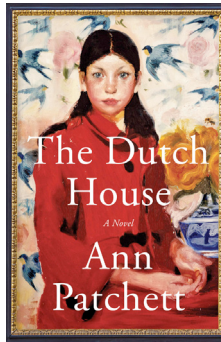
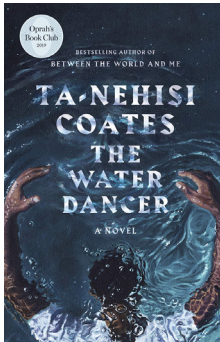
Cabin Fever Documentaries: Sunday January 12th at 2pm

Join us for a viewing of a documentary to be chosen. Refreshments and comfy seating provided

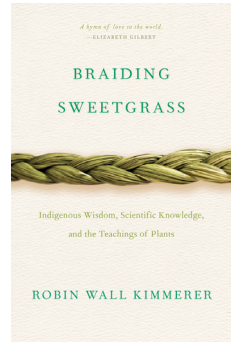


## Some New Items This Month

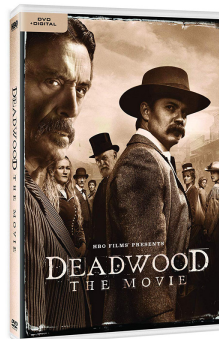
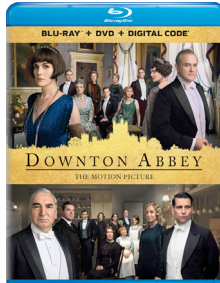
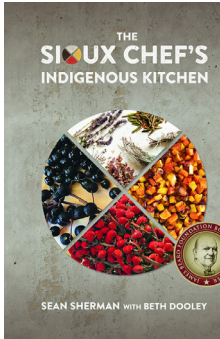
## Adult Fiction:



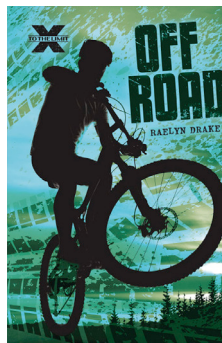
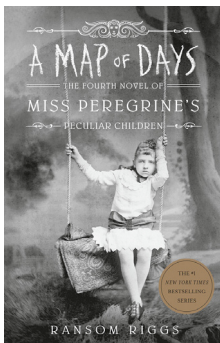
## Adult Non-Fiction:



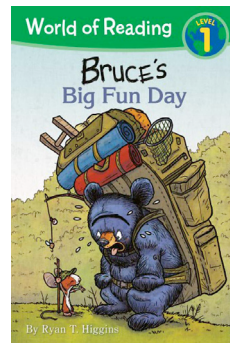
## Adult Non-Fiction: DVDs:



## Young Adult &amp; Juvenile:



## Early Reader:



Contact the library if you would like to be put on our email notifications for programs.

[Rowelibrary@gmail.com](mailto:Rowelibrary@gmail.com)



## PELHAM LAKE PARK NEWS



-Submitted by Sean Loomis, Park Manager

Just a reminder the Fitness Center is now open for winter hours. Go down and see Deb Lively (Fitness Instructor/Attendant) Monday and Wednesday from 10:00-12:00, 5:00-7:00. Deb is more than willing to help you out with any fitness related questions you may have.

While using the Fitness Center please bring a second pair of shoes to workout in. The fitness equipment is not made to handle excess sand and dirt that accompanies the winter weather. Thank You

Cross country ski season has arrived but due to the lack of snow, there has yet to be any activity on trails. Trails that will be groomed this year are Sabrina Rice Trail, Williams Trail, Sibley Trail, Percy Brown Trail, Old Kings Highway Trail, 1792 Trail, Davenport Trail, Davis Mine Loop Trail, Soule Field, and Pelham Lake. Trails will be groomed on a regular basis and after new snow. If cross country skiing is not your thing, you can still hike, run, sled on the all the groomed trails, once they are packed they make excellent traveling paths (please be cautious of snowmobiles). Just a reminder that the Park has 6 pairs of snowshoes and 6 pairs of Micro-spikes, residents and guest can sign them out by calling 339-8554. They are available 7 days a week.

### *Animal Tracks and Sign in Pelham Lake Woods*



Join Ted Watt, Naturalist with the Hitchcock Center for the Environment in Amherst, to explore off trail in the Pelham Lake forest. We'll search for which animals have been active in the snow. We'll look for tracks and choose animal trail(s) to follow through the woods. We'll learn how the animal is moving at different times and get a feel for what the animal is doing and thinking. We'll also look for animal signs.

Dress SUPER WARM because we will spend time quietly observing and talking. Bring snowshoes if you have them.

Date for this adventure has not been determined yet but it will be over February vacation. Please check the Park's Facebook page and next month's goal post article for the exact time and date.

The Park Commissioners are in the beginning stages of looking into taking down the riding ring. They would love feedback from you, the residents. Please let them know if you are for taking it down or against it.

Don't forget to check out the Park's Facebook page "Pelham Lake Park community".

Hygge (pronounced hue-guh not hoo-gah) is a Danish word used when acknowledging a feeling or moment, whether alone or with friends, at home or out, ordinary or extraordinary as cosy, charming or special. It's winter...it's cold, it's dark and it is the time to practice Hygge!



# Hygge Challenge



## Monday

Cook dinner while listening to music, and eat by candlelight

## Tuesday

Buy some flowers or a plant to bring nature indoors

## Wednesday

Have a screen-free evening. Read a book or have a family game night

## Thursday

Get creative by baking, writing or sketching

## Friday

Get cozy with friends and family with plenty of blankets, music and comfort food



## Weekend



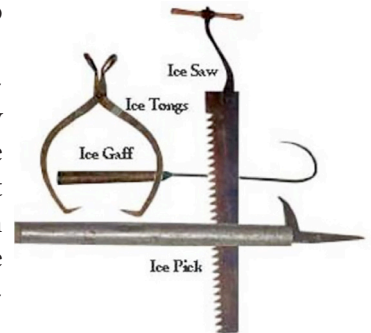
Spend some time in nature. Go for a long walk, hike or explore your neighborhood

## RHS Presents - Ice Harvesting

-Submitted by Joanne Semanie



The Bench Tool Factory is home to many farm tools, and we are lucky to have the implements that were once used in harvesting ice each winter. From 1800 to 1920, nearly every community of any size in the Northeastern United States that was near fresh water harvested ice, usually during January and February, when temperatures were coldest. Because the season was short, work was intense; once the harvest was begun it rarely shut down until the entire “crop” was in the icehouse and the men worked 10-hour days 7 days a week. Hard work notwithstanding, the annual ice harvest was often a somewhat festive and usually well attended event which broke the monotony of the long winters.



Sometime in January, usually when the ice had reached the desired thickness (ideally 14-16 inches this – enough to support a team), snow would be cleared from the area to be harvested. Boards were drawn by horses to plow the snow away from the area to be harvested. Because of the weight of the snow it was drawn a long way away from the ice field. Next the ice field was marked using a long scribe until the entire field was marked out like a checkerboard.

Once the field was marked it had to be plowed (or grooved) and this was done by a horse-drawn ice plow. Each tooth of the plow was set to cut one quarter inch deeper than the one in front of it; consequently, one trip with an eight-tooth plow would deepen a groove by two inches. Multiple trips could deepen the grooves to seven inches. The cakes would then be split off with a breaking bar and if done correctly, would break evenly, leaving no lips on the cakes. The standard size of a cake of ice was 12” square.

The next step was to create floats with the process beginning as close to the shore as possible. A float was a detachment of ice comprising of several cakes, with the cakes left together so they could be floated from the field to the channel leading off the lake where they could be separated. Floats ranged





in size from four to eight cakes wide by 10 to 30 cakes in length. To create a float, men used handsaws, usually five feet long and with a handle like an old lawnmower. Following the grooves made by the ice plow, they sawed a strip across the field to be harvested. A good sawyer took a long stroke using nearly the full length of the saw and he cut an inch or more at each stroke.

At the beginning of the operation an inclined plane of planks was place on the shore where a horse drawn grapple would haul the cake out of a channel that had been cut to float the ice from

the field. The ice was loaded onto sleds and brought to ice houses to be used for the rest of the year.

Through the 1920s, icehouses were a common feature of the landscape in the northeast. While they varied in size, they were alike in most other respects. Dampness was the greatest enemy of ice preservation, so icehouses were located in areas devoid of trees, where air circulated freely. Since the heat of the earth around and beneath it also cause melting, the ice had to be guarded by a non-conductor of heat on all side as well as top and bottom. Consequently, there was usually a 10-inch layer of sand on the bottom of the icehouse and on top of that a layer of straw. The bottom also had to have a drain to carry off the water. The floor, made of wood planks, was high enough above the ground to allow the air to circulate and slanted enough to drain off the water. Ideally, the icehouse had double walls, between which bark, charcoal, sawdust, hay, wood shavings, straw or some other nonconducting substance was put. When the ice was brought into the icehouse, a layer of sawdust was thrown between layers of cakes for insulation and to make it easier to separate later. Sawdust was not ideal as it tended to clog drains, but it was cheaper and more accessible than cleaner march grass. By the time the icehouse was full, the harvest was surrounded by insulating material, sometimes as much as three feet of it.

Small icehouses were usually wood structures and the average farm family found 10x10 feet to be adequate.

Getting the ice from the lake to the icehouse was not without its hazards. It was not uncommon for men to slip into the freezing water. Once pulled out they were rushed to a shed where the warmth was supplied by a wood stove, hot liquids and a change of clothes.

Ice was a crop and like any other crop, subject to the whims of weather. A thaw or rainstorm could ruin an ice crop. If the weather wasn't cold enough for long enough, ice did not get thick enough to harvest.

\*Most of the information for this article came from *Ice Harvesting in Early America* by Dewey D. Hill and Elliot R. Hughes, published by and for the New Hartford Historical Society of New Hartford, New York, 1977. Photographs from the New York State Museum in Albany.

## **Resolving to Eat Better in the New Year?**

Submitted by Sheila Litchfield, RN, Town Nurse

Do you resolve each year to do your body some good? Making small changes in diet and exercise will reap big rewards. Lose weight, eat less junk food -- they top many lists of New Year's resolutions. But sticking with those good intentions is just not easy.

The problem with being able to stick to a New Year's resolution is often unrealistic expectations. Deciding that this is the year to completely change everything about your diet, is just too hard to do.

But willpower isn't the issue. Willpower is about depriving yourself, and nobody gets excited about that. Besides, depriving yourself is depressing and leads to bingeing. Focus on the positives - you feel better, have more energy, when you eat healthy.

When making dietary changes, start small. Set a few realistic goals. In the long run, you'll have better self-esteem and more self-confidence because you'll actually stick with them.

Here are a few tips for a healthier diet and lifestyle that will hopefully help you keep that New Year's resolution:

- Don't skip breakfast: skipping breakfast gives you the munchies later on and slows your metabolism; start the day with yogurt and fruit or whole-grain cereal with low-fat milk.
- Don't skip any meals or snacks: try not to let more than five hours go by without eating. Waiting too long can zap energy, and can lead to overeating later. Eat a (healthy) snack between lunch and dinner, maybe right before leaving work, so you will be less likely to grab snack foods once you get home.
- Include a total of 30 minutes of activity every day. "It doesn't have to be all at once, If it takes 10 minutes to walk from the bus stop, get off at the next furthest stop so you get a few more minutes walking. And walk it briskly -- you can lose some weight, improve your cardiovascular system - and sleep better.
- Drink fewer sodas and other sweetened drinks, like iced tea. A big bottle of a juice-based drink can contain 300 calories -- and those calories add up. Drink water instead. Or mix juice and water, so you're not drinking something so heavily loaded with sugar.
- Aim to eat five servings of fruits and vegetables every day. Buy pre-cut fruits and vegetables, so you can grab them when you're hungry.

-Keep frozen veggies handy. They are easy, quick, and rich in nutrients. Take them to work for a quick lunch you can heat in the microwave. Season with black pepper, herbs, lemon juice, or a red wine-and-balsamic vinegar dressing.

-Bring snacks to work -- such as pretzels, fruit, and yogurt -- so you won't find yourself at the vending machine every afternoon.

-When fixing a salad, sprinkle rolled oats or crunchy whole-grain cereal for added fiber, so you'll feel full.

-Add veggies and lean protein (like canned tiny shrimp, tuna canned in water, precooked chicken breast, or soy crumbles) to pasta dishes. Adding protein and veggies to pasta allows you to cut back on the amount of pasta (which is high in carbohydrates) while still feeling full.



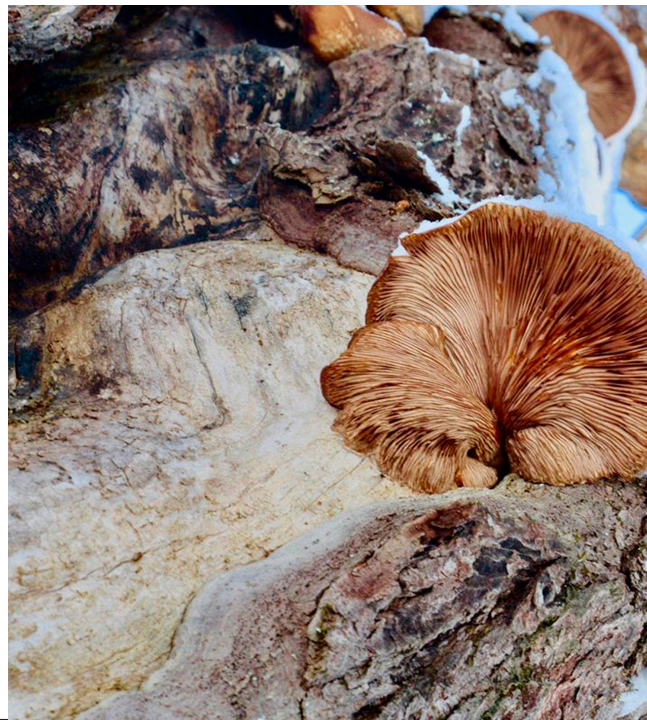
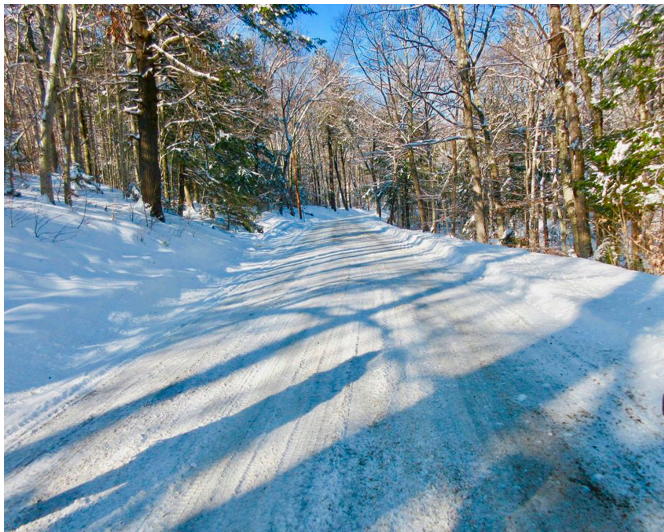
FUN  
FACT!

Snow rollers like this one were used in Rowe until about 1930. This contraption did not remove snow from the roads but instead packed it down making for a fine, smooth surface. While the weather stayed cold, it was fine, but when the weather warmed up and the snow began to thaw it was a different story! Rowe had three of these rollers, one with seven foot rollers and two with six foot rollers.



## Wednesday Hikes with Nan

December 18th...Wonderful blue sky Wednesday! We hiked the length of Davis Mine Road after a fresh snowfall. Beautiful shadows, open brooks, some late oyster mushrooms frozen solid, Herman Beaman's cellar hole dating back to 1848, pitcher plant flowers above the snow in the little bog, and a blizzard of snow falling from the trees in the breeze. All a real treat!



Photos by Nan Williams





## SOUP & GAME NIGHT

### Mark Your Calendars!

Monday, January 6th at 6 PM

a monthly event  
at the  
Carriage House at the Museum.

Come for the food, have a little wine, play a board game or cards, make some new friends and enjoy the dark months.

Food, wine and games provided.

**The Rowe Center** is pleased to offer residents and those who work for the town the opportunity to experience one of our weekend workshops once a year free of charge. For more information about programs. or to register, please go to our website [www.rowecenter.org](http://www.rowecenter.org) or call our registrar at 339-4954.

### January Programs:

*Dancing into the New Year: Awakening the Heart for Inspiration,* Amina Silk & Arif Leininger

*Let's Create a World of Joy, Health & FUN!,* Patch Adams & Susan Parenti

*What I Didn't Learn in School: A Skill Set Retreat for Young Adults 20 to 30,* Chelsea Rose-Pulitzer

*Reading the Body: The Power of Cherokee Hands-on Healing,* Lewis Mehl-Madrona & Barbara Mainguy

BIGFOOT SPOTTED

Bigfoot was spotted lurking around the Town Pound on December 18 by Danielle Larned. Good spotting!



-photo by Claudine Poplawski

**January Birthdays**

- 2 - Leonda Hardison
- 2 - Scott Boutwell
- 3 - Myra Carlow
- 5 - Brittani Sprague
- 8 - Lillian Danek
- 8 - Sandy Daviau
- 8 - Maryann Corarito
- 9 - Angela Foshay
- 10 - Ruth Loomis
- 13 - Stephen Fisher
- 13 - Jenn Wood
- 14 - Lesley McLatchy
- 14 - K. Besgen
- 15 - Betty Lenth
- 17 - Roberta Baker
- 18 - Ken Bradley
- 18 - Donna Butzke
- 18 - Mike Kuehl
- 19 - Dan Poplawski
- 21 - Ken Shippee
- 22 - Maggie Rice
- 22 - Lisa Jackson
- 23 - Ashton Morse
- 23 - Danielle Larned
- 25 - Jenalyn Duval
- 25 - Dean Rice
- 25 - Susan Tomlinson
- 27 - Laura Roberson
- 30 - Mary Dykeman



Rowe seniors Christmas luncheon at the brewmaster tavern.  
Wishing you all a very merry Christmas and a happy and healthy new year



## Rowe Community Church

Submitted by Ros Mulette

Worship Services are held on Sundays at 9:00 a.m.

- January    5    worship & Praise Service & Observance of The Lord's Supper  
               12    Worship & Praise Service  
               19    Worship & Praise Service  
               26    Worship & Praise Service

Bible studies are held on Wednesdays at 7:00 p.m. and will be held on

January 8, 23 and 30th

Church annual business Meeting and Pot-Luck will be held  
on Thursday, Jan 16th at 6:30pm

May one & all be blessed with a happy and healthy new Year!

### Fred W. Wells Fund

This trust fund was established under the will of Fred W. Wells. Mr. Wells, a former resident of Greenfield, directed that a portion of income from the fund be used for awarding scholarships in agricultural, mechanical or professional fields. Eligible applicants are residents of Rowe and neighboring towns who have resided or whose parents have resided in Rowe and neighboring towns for not less than 2 years immediately prior to the date of application are eligible. Awards, made by a Scholarship Committee, take into consideration, among other factors, academic record, need, character, leadership ability, extra-curricular activities and employment. Scholarship awards are contingent upon the applicant's matriculation into an academic program. One thousand dollars will be the maximum award for any one year. Awards vary each year depending on available funds and number of applicants and are not to exceed a maximum total of four thousand dollars over the course of an academic career.

Applications are available in the Town Hall Lobby or on the Town Website: [www.rowe-ma.gov](http://www.rowe-ma.gov) see 'Latest News'. Application deadline is March 20, 2020.

-Janice Boudreau

# SCAM ALERT !



**SCAMS come in many variations.  
The stories might sound different,  
but the motive is the same...  
to steal your money!**

**Never wire or send money to someone  
you don't know.**

**Never buy gift cards to pay bills or taxes.  
Never wire money, send gift cards or mail cash.**

**Watch out for these  
popular SCAMS!**

- Lottery & Sweepstakes
- Romance
- Utility Payment
- IRS
- Computer Repair

**NORTHWESTERN DISTRICT ATTORNEY'S CONSUMER PROTECTION UNIT**

**Greenfield (413) 774-3186 Northampton (413) 586-9225**

**Working in cooperation with the Office of the Attorney General**

*Town Services*

<u>Accountant</u>	Wed	9:00-12:00 (or by appt)	<u>339-5520 x12</u>
<u>Admin Assistant</u>	M,T,Th,F	8:00-12:00,12:30-4:30	<u>339-5520 x10</u>
<u>Assessor's Clerk</u>	Monday	3:30-5:30pm	<u>339-5520 x15</u>
<u>Fire Station</u>		Emergency - 911	<u>339-4001</u>
<u>Executive Secretary</u>	Mon-Thurs	9:30-5:00	<u>339-5520 x11</u>
<u>Fitness Ctr</u>	Mon-Fri	8:00-5:00	<u>339-5520 x21</u>
<u>FRTA Sr. Bus</u>	Tuesdays	9:00	<u>774-2262 x103</u>
<u>Historical Society</u>	(by Appt)		<u>339-4238</u>
<u>Library</u>	Tues, Sat 10:00-5:00, Wed 10:00-8:00		<u>339-4761</u>
<u>Park</u>	Mon- Friday		<u>339-8554</u>
<u>Police Dept</u>	Wed	5:30-7:30pm	<u>339-8340</u>
<u>Post Office</u>	Mon-Fri 12:15-4:15, Sat 8:30-11:30		<u>339-5390</u>
<u>Rowe School</u>	Mon-Friday	8:00-3:15	<u>512-5100</u>
<u>Tax Collector</u>	Wed	8:00-2:00	<u>339-5520 x19</u>
<u>Town Clerk</u>	M,T,Th,Fr	7:00-8:00am, 4:30-5:30pm	<u>339-5520 x14</u>
<u>Town Garage</u>	Mon-Thurs	6:30-4:30	<u>339-5588</u>
<u>Town Nurse</u>	Mon,Wed,Fri	9:00-5:00	<u>339-5520 x20</u>
<u>Transfer St.</u>	Wed 7-10am, 4-7pm Sat 8-2, Sun 8-12		<u>339-0216</u>
<u>Treasurer</u>			<u>339-5520 x16</u>



The Rowe Goal Post  
P.O. Box 462  
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## **The Rowe Goal Post**

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